



Proceeds to Benefit:



OFF THE BEATEN TRACK 2012 • Rules & Other Important Info!

WHEN: Sunday 26 February 2012
6:30 a.m. SHARP!

WHERE: START / FINISH @ Public Beach by Calico Jack's

PACKET PICK-UP: Governors Square Boardroom (2nd floor nearest to the water)
Friday 24 February 2012 • 5:30 - 7:30 p.m.
Saturday 25 February 2012 • 10:00 a.m. - 2:00 p.m.

1. A map of the course route can be found at www.offthebeatentrack.ky/the-route, as well as in the race packet.
2. **KNOW YOUR ROUTE!** Markings/signage are intentionally minimal. Each runner must be familiar with your leg route prior to the race, as well as carry a print-out of your leg map with you.
3. Manned checkpoints have been positioned around the course; if your race number is not recorded as having crossed a checkpoint, your team will be penalized 20 additional minutes added to your overall course time for each checkpoint not met.
4. Leg 6 includes a kayak section from Garvin Park to the channel marker and back. Kayaks and lifejackets are provided. Participants choosing not to complete the kayak portion of the race will be penalized 20 additional minutes added to your overall course time.
5. If you have not completed your registration and/or paid your entry fee in advance, you may do so at the Packet Pick-up. There is NO registration or race number collection on race day. Entry fees are non-refundable.
6. All teams/individual runners MUST attend Packet Pick-up to collect race numbers OR one responsible team member may collect their teams' packets and distribute to the team members prior to the race, but only if all the team members' waivers have been signed and received in advance.
7. Participants must be 14 years of age or older. Participants under the age of 18 must have parent(s) and/or legal guardian agree(s) and accept(s) to be bound by the terms and conditions contained within the Waiver.
8. Race starts promptly at 6:30 AM from Public Beach near Calico Jack's.
9. No runner may run for two different teams.
10. Runners must have his/her race bib clearly affixed on the FRONT of his/her shirt or shorts.
11. Teams are solely responsible for the transportation of their runners.
12. Water and snacks will be provided at each leg change station, as well as at the conclusion of the race. Water stops will be stationed near the half-way point of each leg.
13. There are no toilet facilities provided along the course.
14. Each participant is encouraged to carry the following items with him/her during the race:
(a) water (b) course/leg map (c) a cell phone.
15. Please help us account for all runners; report to the volunteers the safe completion of your team member at each leg change; any no-shows, etc.
16. If for any reason you need to drop out, please do so at the nearest checkpoint and advise the volunteers you are dropping out.

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- 17. If you get lost on the course, please run/walk to the nearest checkpoint you know. We do not want the teams to cut corners, but if you become lost, it is important to at least make it to the nearest checkpoint or leg change both for your safety and for your team to continue.**
- 18. If you see another runner in trouble, help. The safety of your fellow athletes is of the utmost importance. This is a charity race. Please call 911 if you are carrying your cell phone and advise the nearest checkpoint so medics can be dispatched.**
- 19. Please do not leave a trail of garbage; put your empty water bottles/food wrappers in a trash receptacle or leave at the next checkpoint or leg change.**
- 20. Follow the rules of the road! No road will be closed for this event and you are in regular traffic. While the majority of the course is off-road, there are a few major vehicle crossings. Please exercise caution, especially if you are overtired – be wary!**

Medical Emergency Number – 911
Red Cross (925 0715) will be circling the course should any
medical emergencies arise.